

Subject: **Young Person's Suicide Support Pathway**

Purpose: The purpose of this paper is to introduce and updated the Young Person's Suicide Support Pathway.

Recommendation: The IJB are asked to note the content of the report and support the implementation of the Young Person's Suicide Support Pathway.

Glossary of Terms	
CAMHS	Community Adolescent Mental Health Services
MAASH	Multi Agency Assessment Screening Hub
NHS AA	NHS Ayrshire and Arran
HSCP	Health and Social Care Partnership
ED	Emergency Department

1.	EXECUTIVE SUMMARY
1.1	An internal pathway and process has been developed for the North Ayrshire Health and Social Care Partnership's Service Access and Multi Agency Assessment Screening Hub (MAASH) Teams to allow them to respond to any attempted suicide by a young person, particularly where the family refuse any outside agency support and the young person is not afforded the opportunity to have their voice heard.
1.2	With an increase in young people presenting at the Emergency Department (ED) it is imperative that clear processes/ pathways are in place to ensure appropriate supports and follow-up.
1.3	This Young Person's Suicide Support Pathway represents the steps taken by Social Services Service Access/ MAASH staff when a young person is referred to them following a suicide attempt.
1.4	The Young Person's Suicide Support Pathway is intended for young people up to the age of 18 years old who have made a significant attempt to take their own life i.e. non-fatal overdose, act of self-harm which is significant enough to require treatment and intervention or deliberate act of a suicidal nature and who are not open to any social work services
1.3	The pathway reflects a robust, meaningful and young person-centred response to supporting our young people's mental health and emotional wellbeing.

2.	Background
2.1	Following an increase in Emergency Department presentations of young people who attempted suicide who were unknown to services, and refusal from a number of parents to accept follow up intervention, the Young Person's Suicide Taskforce group agreed to develop a support pathway.
2.2	The Pathway is intended for young people up to the age of 18 years who are not known to any other social work services and who have made a significant attempt at taking their own life i.e. non-fatal overdose, act of self-harm significant enough to require treatment and intervention, or a deliberate act of a suicidal nature.
2.3	As the first responders to all concerns about the welfare of children and adults, the Service Access/MAASH Team are well placed and equipped with all the necessary skills to ensure follow up support is actioned (unless the young person is open to another Social Services team) - be it by them or another trusted agency.
2.4	<p>The Pathway has been devised as part of an early intervention and preventative approach to ensure a clear and robust follow up route which has been influenced by the following factors:</p> <ul style="list-style-type: none"> • Death by suicide of young people over the past decade has been in decline however the last 2 years have shown a slight increase. • Anticipation of the impact of COVID and lockdown on young people's emotional wellbeing and mental health. • Young People who have attempted suicide are entitled to follow up support and opportunities to talk/address/ share how they feel. • Young people may be reluctant to engage with services after an attempted suicide for a number of reasons (fear, shame, embarrassment,). • Families/parents or guardians of young people may be unwilling to engage with services for a variety of reasons (fear, shame, anger, belief the attempt is not "serious") • Families/carers/guardians are not always best placed to provide the only follow up support-as they are too closely affected, upset, vulnerable themselves. They may even be a cause for the young person's distress.
3.	PROPOSALS
3.1	IJB are asked to note and endorse the implementation of the Young Person's Suicide Support Pathway as a preventative and early intervention approach to supporting vulnerable young people who have made a significant attempt to take their own life.
3.2	<p><u>Anticipated Outcomes</u></p> <p>By identifying a Pathway, a young person who has actively attempted suicide will receive follow up assessment and support in the immediate aftermath; even if this intervention is initially declined by the family.</p> <p>Outcomes from the introduction of this pathway include the following:</p> <ul style="list-style-type: none"> • A whole systems and partnership approach to prevent escalation to more statutory services. • Provide interventions that draw on expertise and engagement from key agencies.

	<ul style="list-style-type: none"> Improved mental health and wellbeing, increased resilience with young people feeling safe and supported. Increased access to follow up services for young people who might otherwise fail to be identified. Reduction in repeat Emergency Department presentations. <p>An opportunity for young people to engage with someone out with the family unit.</p>
3.3	<u>Measuring Impact</u>
	An evaluation will be carried out 6 months after the initial implementation of the pathway using quantitative data for current monitoring systems including weekly Children and Family Data and National Reports, weekly Emergency Department Reports and monthly Carefirst MAASH reports. In addition, qualitative data will be gathered from case studies of young people and families who have been supported through the pathway.
4.	IMPLICATIONS
Financial:	Costs will be covered by existing budgets for the Service Access/ MAASH Teams
Human Resources:	<p>The Service Access and MAASH Teams have attended a webinar delivered by Children in Scotland to refresh their skill base in supporting young people with mental health and wellbeing concerns.</p> <p>Sarah Watts Choose Life Manager has attended the Service Access/ MAASH Team meeting to provide additional advice and guidance to staff.</p>
Legal:	N/A
Equality:	People affected by mental health are an equalities group and require appropriate levels of support. This Pathway improves access to early intervention and preventative support for vulnerable young people.
Children and Young People	The Pathway will support the improved wellbeing of children and young people in North Ayrshire. Whilst the Pathway will support young people up to the age of 18 years of age, this provision will also be available to children as there have been occasions where primary aged children have been admitted to the Emergency Department following an overdose or act of self-harm.
Environmental & Sustainability:	N/A
Key Priorities:	The Pathway supports the North Ayrshire Health and Social Care partnership strategic plan and priorities with a key focus on prevention and early intervention and improving mental health and wellbeing.
Risk Implications:	N/A
Community Benefits:	The Pathway will assist young people in North Ayrshire to build resilience and wellbeing and have the confidence to play full and active roles within their local communities.

Direction Required to Council, Health Board or Both	Direction to :-	
	1. No Direction Required	
	2. North Ayrshire Council	
	3. NHS Ayrshire & Arran	
	4. North Ayrshire Council and NHS Ayrshire & Arran	

5.	CONSULTATION
5.1	The Young Person's Suicide Support Pathway has been designed in conjunction with a range of partners including CAMHS, Education Services, Connected Communities, Service Access, MAASH, North Ayrshire's Choose Life Co-Ordinator and the Child Protection Committee.
5.2	The Pathway was presented and endorsed at the Social Work Governance Board in November 2020.
6.	CONCLUSION
6.1	The Young Person Suicide Support Pathway is an internal Pathway and process that has been developed for Service Access/MAASH staff to be able to respond to an attempted suicide by a young person, especially where the family refuse any outside agency intervention. The Pathway will deliver an early intervention and preventative approach with young people and families receiving a comprehensive follow up service ensuring they get the right support at the right time.

For more information please contact:

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Support pathway for Children/Young people who have attempted suicide

Social Services -Service Access staff

This pathway represents the steps taken by Social Services Service Access staff when a young person is referred to them following a suicide attempt as described below. It is not a new process but aims to give clarity to Service Access staff the internal pathway expected of them to create a robust, meaningful and young person centred response.

This pathway does not replace or change any existing procedures within other services and does not represent a new service or referral pathway.

Why is a designated support pathway required?

This pathway references the “zero tolerance” view of suicide -“one life lost is one too many.” (ref.1,2)

The pathway is intended for young people up to 18 years old who have made a significant attempt at taking their life i.e. non-fatal overdose, act of self-harm significant enough to require treatment & intervention or deliberate act of a suicidal nature, and who are not open to any other social work services

- There is no forum for multi-agency discussion or learning from such attempts or “near misses” so robust systems require to be in place to ensure good follow up/support
- Attempting Suicide is serious and should be taken seriously (zero tolerance)
- Death by suicide of young people over the past decade has been in decline but the last 2 years have shown a slight increase
- Young People who attempt suicide may or may not be in touch with other support services
- Young People who have attempted suicide are entitled to follow up support and opportunities to talk/address/ share how they feel
- Young people may be reluctant to engage with services after an attempted suicide for a number of reasons (fear, shame, embarrassment,)
- Families/parents or guardians of young people may be unwilling to engage with services for a variety of reasons (fear, shame, anger, belief the attempt is not “serious”)
- Families/carers/guardians are not always best placed to provide the only follow up support-as they are too closely affected, upset, vulnerable themselves. They may even be a cause for the young person’s distress.
- Service Access/MAASH staff are well-placed and have the skills to ensure follow up support is actioned (**unless the young person is open to another Social Services team**)-be it by them or another trusted agency.

Aims

To address:

1. Lack of a robust and clear support pathway for young people referred to Service Access staff who make a significant attempt suicide-not just for those known to services **but especially for those not known to any services**
2. Lack of consistent/coherent support and access to support information to those affected by the attempt

Proposal

An internal pathway and process has been developed for Service Access/MAASH staff to be able to respond to an attempted suicide by a young person, especially where the family refuse any outside agency follow up. The Service Access/MAASH team member allocated will make contact with the family and young person and alert them that they would like to meet with the young person over the following week, or ask that the young person identifies with them, another worker with whom they will have contact. This follow up is specifically as a result of the attempt to take their own life. The Service Access/MAASH worker will provide any relevant supportive material for the family and young person- a pack/folder will be developed in partnership with Choose Life and other partners as appropriate (Youth Services/CAMHS/Education/CPC)

Pathway Details

- Emergency Department (ED) staff provide treatment to a young person who has attempted suicide and discharge the young person directly from ED
- ED staff inform the School Nurse (SN) -if the young person is under 18 and still at school
- It is hoped also that ED staff inform the Service Access (SA) team directly of all ages up to 18, whether the young person is at school or not
- SA may receive the information from the weekly scrutiny of ED attendance data (new process in place)
- A trigger e-mail will also be sent from SA assistant to Named Person Service (NPS) and also to the School Nurse mailbox
- The SN will inform the Named Person (NP)
- SA/MAASH may receive a referral from other sources e.g. GP, Family, Police, Paediatric staff from ward admissions
- If the young person is open to another Social Work team -they will take up the referral and follow up support
- If the young person is between 16-18 and not in school the referral may come from a variety of sources -GP, ED, Housing, Family, Police, Fire Service, 3rd Sector etc There is no trigger system in place to ensure this occurs- however the Adult Support and Protection (ASP) system may be used.
- MAASH workers will receive referrals from Police Concern reports
- SA/MAASH worker allocated through duty system (within 24 hours of referral)
- The SA/MAASH worker should make contact with other key workers who may be involved-specifically the NP and also contacting the Locality Lead, Connected Communities (CC) to find out if they are known to that service
- SA/MAASH worker makes direct contact by phone with the family/young person within 48 hours and arranges a visit preferably within that time period (risk and circumstances and discussions with CAMHS will inform appropriate timescales but within 48 hours would be optimum)
- SA/MAASH worker should contact CAMHS duty service with summary details
- If the young person is not known to CAMHS the SA/MAASH worker should discuss with CAMHS and a joint visit (preferably within 48 hours) organised-the pathway should still be followed
- If the young person is known to CAMHS/Eating Disorder team then they will organise their own follow up plans but SA/MAASH should still aim visit within the preferred 48 hours and continue this pathway
- SA/MAASH worker (with CAMHS/Eating Disorder worker if appropriate) will see and speak to the YP, with the family and also alone if possible. If the young person is 16- 18 they are considered an adult so have the right to be seen on their own

- Usual sensitivity and care will be used to ensure young people can speak freely and are supported to make their own choices.
- Family/YP are informed that it is preferred a follow up contact takes place with the young person usually within 5 working days (this may be at the home or at another location e.g. school)
- Family and YP offered written material /pack **
- A decision is made about who will follow up- SA/MAASH worker or another trusted worker (e.g. Education staff/Youth Worker/CAMHS worker)-in consultation with young person if possible.
- The SA/MAASH worker should be clear about who is following up and when
- A template letter, with these details filled in, is left with the family at the first visit, confirming follow up contact arrangements.
- SA/MAASH worker ensures follow up contact is made and if required suggests other supports or onward referrals.
- A final outcome letter is sent to the family- the contents of this will depend on the response of the family and young person to the above process-for example, it may include what has happened, clarity about follow up, information about supports, written material, clarifications of process etc.
- **At all times if there are any concerns regarding Child Protection (CP) or Welfare or ASP - normal procedures for these will apply**

**The contents of the pack will have some core elements regarding a wide range of services(service access, youth services, community link workers, etc) but may also include guidance on talking about suicide and self-harm and any specific information for issues which have been raised e.g. bereavement, relationships, mental health. (The worker can contact the Choose Life Manager who will help with co-ordinating the contents)

Potential outcomes

By identifying a pathway then it is known by services and families that a young person who has actively attempted suicide will receive some follow up support/contact, even if this is initially declined by the family.

This will reduce the risk of:

- Young people attempting suicide in the immediate aftermath
- Young people in distress feeling they are not taken seriously
- Families misunderstanding that suicide attempts should not be taken seriously
- Families and young people not knowing where to turn in the future
- Services not joining up a response and young people falling through the net of possible supports

Issues:

1. **Mandatory referral to Service Access**- this is being addressed through senior managers. Potential involvement of a “trigger” for school nurses to inform Social Services -Service Access as well as named person, if the young person is still at school. However, this is not possible if the young person is over 16 and not at school. Consideration now being given to the ED directly informing Service Access.
2. **Training for Service Access/MAASH staff**- this is looking more like a briefing session for staff to make them aware of the new pathway, allow questions about

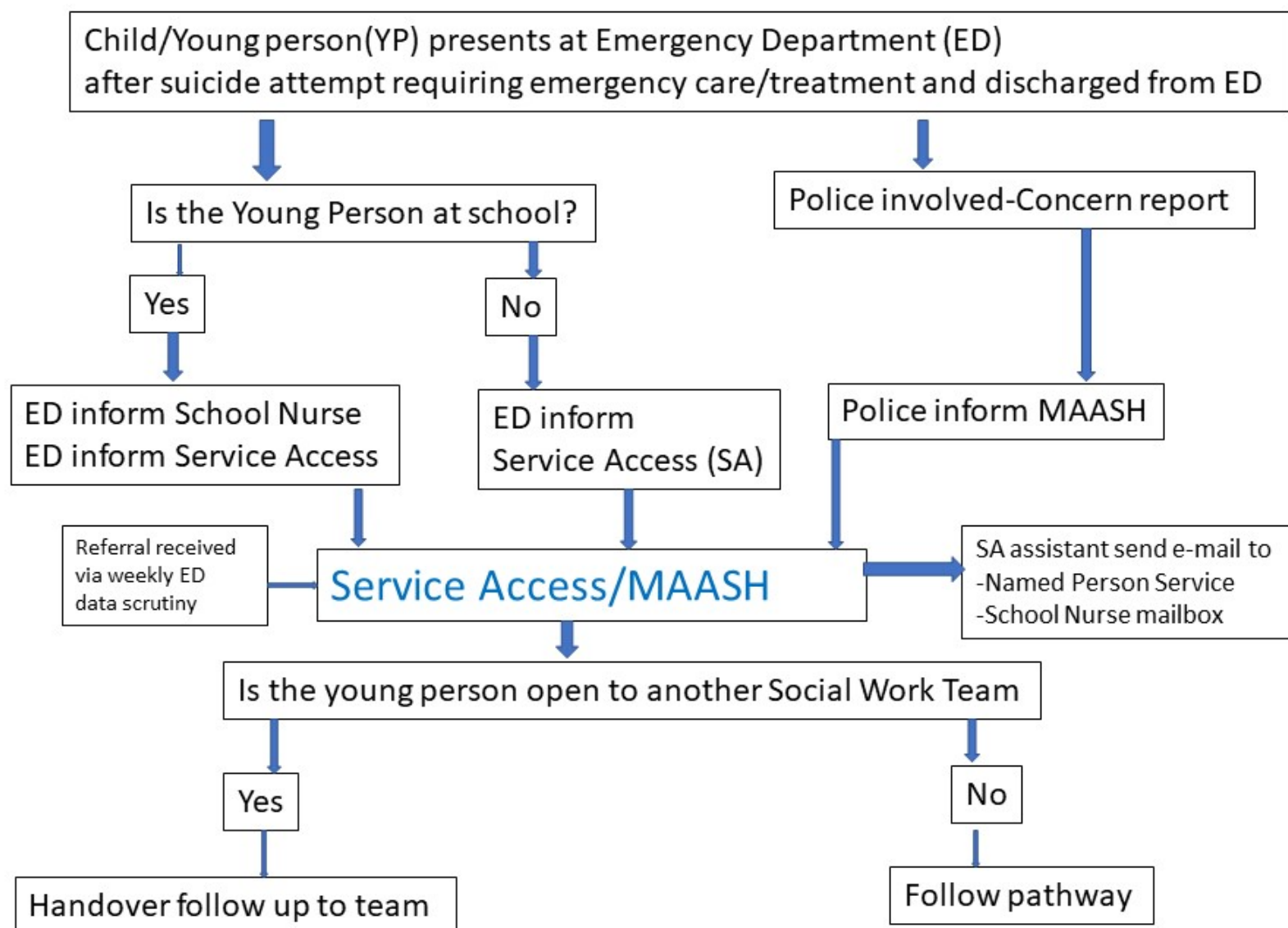
it and the rationale behind it, and to discuss approaches/resources regarding suicide prevention generally.

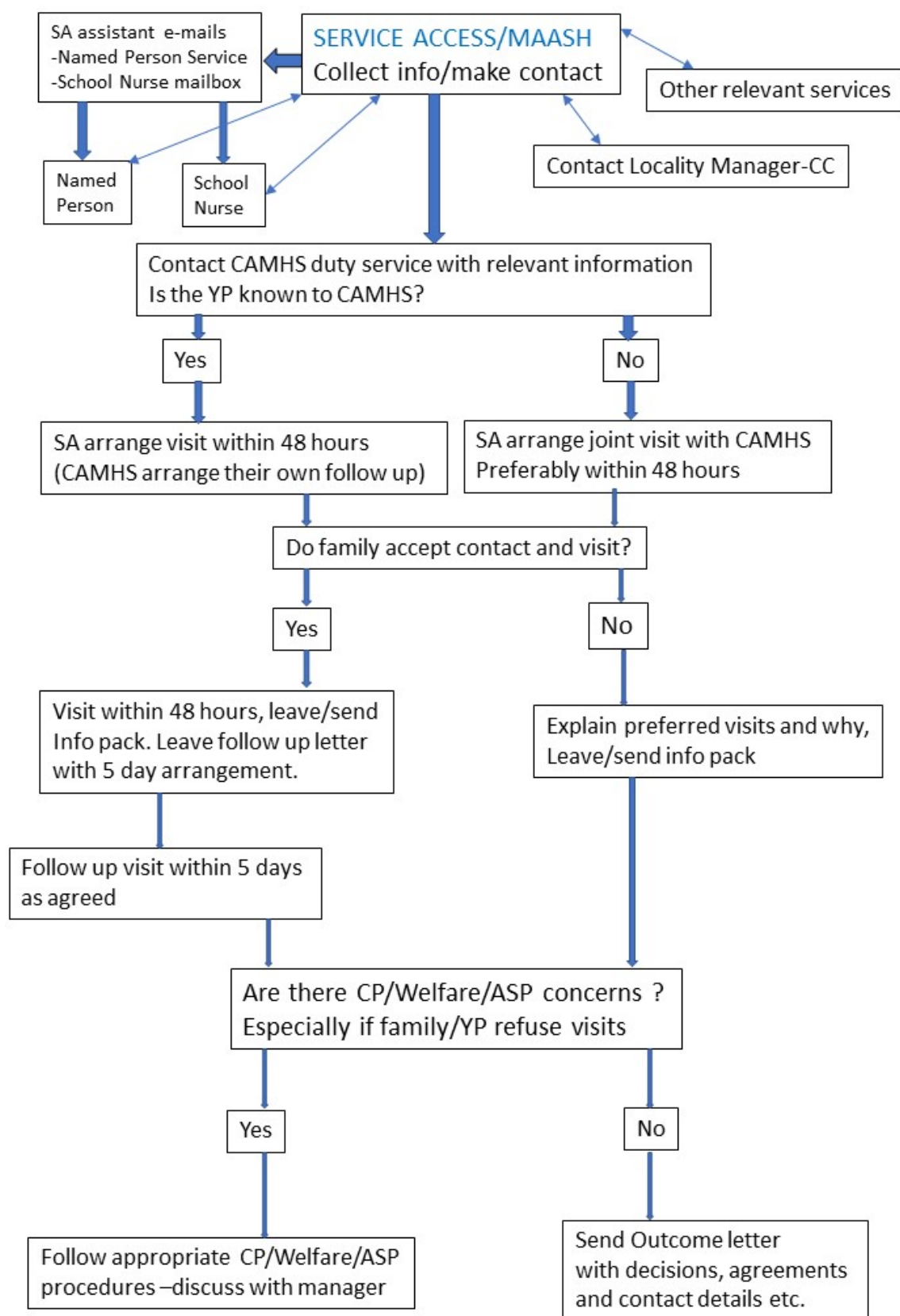
3. **Awareness for other referring services**-There should be an opportunity for Senior Managers to raise awareness among other services to enable robust communication especially when a young person is over 16 and not at school.
4. **Development of an info pack**- access to appropriate material/resources can be co-ordinated through the Choose Life Manager but would include a range of appropriate information
5. **Contact with CAMHS** – contacting CAMHS and arranging a visit for those not known to CAMHS, -is a new approach which will be reviewed after 6 months. This will not impact on the pathway process for Service Access.
6. **Links to Arran and Cumbrae**- it is recognised that the Islands within North Ayrshire will require a separate discussion and review regarding implementation of the pathway-given the different referral process and team/ staff structures which operate.

SA	Service Access
MAASH	Multi-agency Assessment Screening Hub
ED	Emergency Department
NPS	Named Person Service
YP	Young Person
ASP	Adult Support and Protection
SW	Social Work
ES	Education Services
CAMHS	Child and Adolescent Mental Health Service
SN	School Nurse
CC	Connected Communities
CP	Child Protection

Ref.

1. <https://www.zerosuicidealliance.com/>
2. <https://www.suicideinfo.ca/resource/ie23-aiming-perfection-zero-suicide-movement>





SA Service Access
MAASH Multi-Agency Assessment Screening Hub
CP Child Protection
ED Emergency Department
SW Social Work
SN School Nurse
CAMHS Child and Adolescent Mental Health Service

CC Connected Communities
NPS Named Person Service
ASP Adult Support and Protection
ES Education Services
YP Young Person

FRAMEWORK – GUIDING PRINCIPLES -

Service Access involvement in supporting young people who have attempted suicide

SITUATION*	LEAD RESPONSE	ADDITIONAL COMMENTS	Consent
<p>Young Person (up to 18 years and at school) attempts suicide and referred to SA/MAASH team through ED/school nurse/weekly ED data scrutiny or other- no other SW team involved -</p> <p>Young Person 16-18 not at school attempts suicide and referred to SA/MAASH from a range of other possible routes. Not open to other teams.</p>	<ul style="list-style-type: none"> SA assistant sends e-mail to Named Person Service and School Nurse mailbox Direct Contact should be made with Named Person and any other services involved. SA/MAASH should contact Locality Manager- Connected Communities in case known to CC SA/MAASH worker contacts CAMHS duty service If known to CAMHS/Eating Disorder service- CAMHS will arrange their own follow up <u>but SA/MAASH worker continue with this pathway</u> If not known to CAMHS then SA/MAASH worker discuss with Duty CAMHS worker -joint visit within 48 hours is preferred 16-18 year old not at school and not open to other teams -contact may be made with previous services SA/MAASH make an initial phone call to family and aim to visit within 48 hours (subject to above contacts and discussions and assessment of protective factors) SA/MAASH Worker explains process to the family/young person and preference for follow up contact. May agree options e.g. follow up with another trusted worker, meet at another venue, After the initial visit a follow up letter is left and another contact made within 5 days (unless agreed another service will do this) If unable to agree follow up contact -ensure written material and contacts are left or posted. Other services should be informed e.g. Named Person/Education/Throughcare etc recording that 	<p>Info pack may contain e.g.:</p> <ul style="list-style-type: none"> Helplines and websites Local services e.g. youth services, Carena, community link workers Service Access details How to talk about suicide Self-Harm info <p>To be devised as necessary as other issues may arise e.g. bereavement and loss. Choose Life worker/Youth services can assist.</p> <p>(IF A YOUNG PERSON IS OPEN TO ANY OTHER SOCIAL WORK TEAMS THEN FOLLOW UP SHOULD BE HANDED OVER TO THOSE TEAMS AT THE FIRST OPPORTUNITY)</p>	<p>Usual approaches to encouraging consent should be adopted</p> <p><i>Be aware that those aged 16-18 are adults and entitled to be spoken to alone</i></p>

	<p>the family/young person refused follow up contact and seeking a way to follow up the young person</p> <ul style="list-style-type: none"> • Written information left with family or directly with young person (especially if they are aged 16-18 years) and/or sent through post • Outcome letter (indicating what has happened, what has been agreed and with contact details) sent to family, or directly to young person if 16-18 years, after follow up visit. • Further contact only if onward referrals and other service involvement are required • If there are CP or Welfare or ASP concerns-usual procedures will apply 		
If family and young person refuse all contact	<ul style="list-style-type: none"> • Visit offered to family/young person and service preference for follow up is explained. If refusal continues then discuss with other services who may be involved e.g. youth services, CAMHS, Education, Throughcare, Rosemount etc • Send outcome letter (indicating what has happened, <i>why the service would prefer to follow up contact for support</i>, what has been agreed and with contact details) to family/young person with written material and offer of follow up visit. Record it as a Significant Event and if appropriate share within Ayrshare <p><u>If you assess that having no further contact with the family or young person could place the young person at risk you should follow CP /Welfare/ ASP procedures.</u></p>		

MAASH Multi-agency Assessment Screening Hub

SA Service Access

NPS Named Person Service

ED Emergency Department

YP Young Person

CP Child Protection

SN School Nurse

CAMHS Child and Adolescent Mental Health Service

ASP Adult Support and Protection

SW Social Work

CC Connected C

Local Support & Advice	
<p>North Ayrshire Youth Service Community Hubs</p> <p>Garnock Valley : 01505 683874 Three Towns: 01294475900 North Shore : 01294 475919 Kilwinning : 01294 462659 Irvine : 01294313593 Arran: graeme@arranyouthfoundations.org</p> <p>ESOL – 01294 475900 Duke of Edinburgh - 01294 475900</p>	<p>North Ayrshire Youth Services provide activities, support and participation opportunities for young people in all areas.</p> <p>(Link into YoungScot)</p>
<p>Service Access Team Various locations throughout North Ayrshire.</p> <p>Tel: 01294 310 000 Tel: 0800 811 505 (Out of Hours)</p> <p>www.nahscp.org</p>	<p>Service Access Team is the first point of contact for anyone who needs support from social services and the Health and Social Care Partnership.</p>
<p>CAMHS</p>	
<p>Citizens Advice – Kilmarnock</p> <p>Tel: 01563 544744</p> <p>www.citizensadvice.org.uk/scotland</p>	<p>Citizens Advice gives confidential and impartial advice, independent information and assistance on a wide range of subjects.</p> <p>This service is free of charge.</p>
<p>Penumbra www.penumbra.org.uk</p> <p>1. Self Harm Project e-mail ayrshire.selfharm@penumbra.org.uk</p> <p>2. Peers 4 HOPE tel 01294 602687</p>	<p>Penumbra are a national mental health organisation providing support and services .</p> <p>In North Ayrshire they provide a self-harm service (all ages) and a peer to peer support service for adults.</p>

National Organisations	
YoungMinds www.youngminds.org.uk Parent helpline 0808 8025544	Young Minds is a national organisation to support young people and their families who may be struggling with their mental health. It offers advice, training and support.
Young Scot https://young.scot/north-ayrshire	Young Scot provides information, activities and advice on a whole range of issues for young people.
Papyrus Hopeline UK – 0800 068 41 41 www.papyrus-uk.org/	Papyrus exist to reduce the number of young people who take their own lives by shattering the stigma around suicide & equipping young people & their communities with the skills to recognise & respond to suicidal behaviour.
See Me www.seemescotland.org	See Me is the programme to end mental health stigma and discrimination. They work in communities and across schools with emphasis on young people
Kidscape /www.kidscape.org.uk	Kidscape provides advice and resources and training to address bullying. For young people and parents
Respect Me https://respectme.org.uk Tel 0344 800 8600 ENQUIRE@RESPECTME.ORG.UK	Respectme is Scotlands Anti-Bullying service providing information, activities and training for young people and adults
LGBT youth www.lgbtyouth.org.uk e-mail info@lgbtyouth.org.uk	LGBT youth are Scotlands national charity for LGBT young people . They provide support locally and youth work programmes as well as highlighting issues facing LGBTI nationally

Helplines

Breathing Space National Service

Tel: 0800 83 85 87

Breathing Space support people who may experience difficulty and unhappiness, mental health problems and emotional distress.

This service is free of charge.

Samaritans

Tel: 116 123

jo@samaritans.org
www.samaritans.org

The Samaritans are a non-religious, confidential, emotional support service and will listen to anyone about anything that is worrying them.

The service is free and you can attend at the branch for support for free.

Childline

Tel: 0800 1111

www.childline.org.uk

Childline is a private and confidential service for children and young people up to the age of 19.

You can contact a Childline counsellor about anything.

This service is free of charge.

NHS 24

Tel: 111

www.nhs24.com

NHS 24 is a telephone based self-help service for mild depression and anxiety provided by NHS 24. This service is provided by trained coaches. Members of the public can self-refer and the service will accept referrals from primary care and secondary care.